



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09110, Goji berries, dried

Report Date: June 30, 2017 06:33 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Common Name: wolfberries

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	5.0 tbsps 28g
Proximates					
Water	g	7.50	--	--	2.10
Energy	kcal	349	--	--	98
Energy	kJ	1461	--	--	409
Protein	g	14.26	--	--	3.99
Total lipid (fat)	g	0.39	--	--	0.11
Ash	g	0.78	--	--	0.22
Carbohydrate, by difference	g	77.06	--	--	21.58
Fiber, total dietary	g	13.0	--	--	3.6
Sugars, total	g	45.61	--	--	12.77
Minerals					
Calcium, Ca	mg	190	--	--	53
Iron, Fe	mg	6.80	--	--	1.90
Sodium, Na	mg	298	--	--	83
Vitamins					
Vitamin C, total ascorbic acid	mg	48.4	--	--	13.6
Vitamin A, IU	IU	26822	--	--	7510
Lipids					
Fatty acids, total saturated	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Threonine ¹	g	0.358	--	--	0.100

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	5.0 tbsp 28g
Isoleucine ¹	g	0.261	--	--	0.073
Leucine ¹	g	0.456	--	--	0.128
Lysine ¹	g	0.233	--	--	0.065
Methionine ¹	g	0.087	--	--	0.024
Cystine ¹	g	0.144	--	--	0.040
Phenylalanine ¹	g	0.271	--	--	0.076
Tyrosine ¹	g	0.222	--	--	0.062
Valine ¹	g	0.316	--	--	0.088
Arginine ¹	g	0.722	--	--	0.202
Histidine ¹	g	0.157	--	--	0.044
Alanine ¹	g	0.698	--	--	0.195
Aspartic acid ¹	g	1.711	--	--	0.479
Glutamic acid ¹	g	1.431	--	--	0.401
Glycine ¹	g	0.304	--	--	0.085
Proline ¹	g	1.000	--	--	0.280
Serine ¹	g	0.498	--	--	0.139

Other

Sources of Data

¹AZChia Amino acid analysis of goji berries, 2012